

XDate: Tue, 10 Dec 2002 16:21:15 -0500
To: "Robert Ursano" <rursano@usuhs.mil>
Fcc: WTC, /jm/BIOG
Subject: Fwd: survey HQMC; perosnal note

Fri Dec 27 13:38:21 EST 2002

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Josh- Thought the attached would be of interest to you =AF a study the Center for Study of Traumatic Stress did as a follow up of the Pentagon, about one year after the plane attack.

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Thanks, Bob. I was moved by reading the comments. I'll give you a brief memoir of my own.

On 9/11 I was at NIH (across the road from you) that day, exceptionally *not* at the Pentagon. I was pretty sure my wife knew where I was, but my chief anxiety was to find a way to reassure her about that. That took a few hours.

Our apartment in NY overlooks the East River and Southern Manhattan, and the WTC peaks were a prominent part of the 'scape. It's almost 10 clicks away, so I was not too concerned about my wife's own safety as soon as the TV/internet reports clarified the locus of the attack.

It was another couple of days before I was able to get (rail) transport home.

My immediate (and enduring) reaction was not fear, but resignation and empathy for the immediate victims -- flashbacks of the TV images of people flinging themselves out of the upper stories ... At my age (near 78) personal mortality is a lesser issue; but despair and "resignation" was about the lapse of the world of security and the luxury of high moral standards we had been accustomed to. About a return to the jungle, where in self-defense we would be inflicting atrocities on other innocents or pawns, .., to war interminable, that that was the legacy my children and grandchildren would have to learn to adapt to.

I had an episode of dysrhythmias (ExtraSystoles) that gave me some concern, until I had a reassuring EKG and realized that I had been somaticizing! They then abated. Have you looked out for that in your surveys?

*of my comment
@ NYAM.*